

12 Step Journals: Step #9
**Step 9: “Made direct amends to such people wherever possible,
except when to do so would injure them or others.”**

Step Nine Questions And Guidelines

There are a lot of fearful feelings before, during and after making amends in the ninth step. While working step nine it's really important to understand that the way things *feel* is not necessarily the way things *are*. Because we are feeling afraid we assume that this means we truly have something to fear. But this is not fact. To prepare for this step it's a good idea to let go of all our expectations about how our amends will or should turn out.

Here are some questions to help guide you through working Step Nine. Please answer the following for your journals:

- *How is 'making amends' committing to a continuous process of change?*
- *Do I have fears about making amends? Am I worried that someone will take revenge or reject me?*
- *How does the Ninth Step require a new level of surrender to the program?*
- *What about my financial amends? Do I have faith that the God of my understanding will ensure I have what I need even though I am sacrificing to make amends?*
- *Why doesn't it matter how my amends are received?*
- *How will other addicts, my sponsor, and my Higher Power be sources of strength in this process?*

- *Which names on my Eighth Step list are complicated by circumstances? Do I owe any amends that might have serious consequences if I made them? What are they?*

- *What behaviors do I need to amend?*
- *What are my immediate plans for making amends to myself? Do I have any long-range goals that might also fit as amends to myself? What are they? What can I do to follow through?*

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- *Have I accepted responsibility for the harm I caused and for repairing that harm?*
- *What experiences have I had that led me to see the harm I caused more clearly? How has that contributed to an increase in my humility?*
- *What are the benefits to me of practicing the principle of forgiveness? What are some situations in which I’ve been able to practice this principle?*